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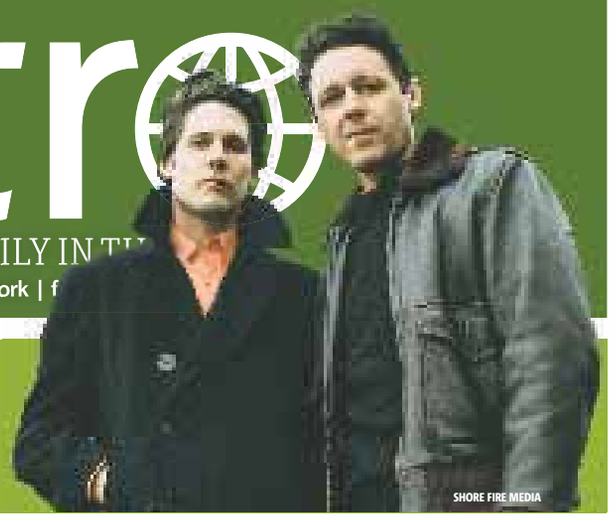
SHORE FIRE MEDIA

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CHARGES DROPPED

CHICAGO MAYOR AND POLICE OUTRAGED

Jussie Smollett cleared of all charges but must perform community service and forfeit his bond. 4

GETTY IMAGES

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GETTY IMAGES

Mets ink deGrom to extension in last-minute deal. 10

8 THINGS TO KNOW

March for Our Lives students place gun violence prevention art installation on Capitol grounds

Latest demonstration by student-led movement marks one year since D.C. protest.

March for Our Lives students placed gun violence prevention art on the U.S. Capitol grounds on March 26, 2019, in Washington, D.C. March 24 marked the one-year anniversary of March for Our Lives, the national demonstration which saw students, teachers and parents march against gun violence, spurred largely by the shooting that took place at Marjory Stoneman Douglas High School in Parkland, Florida, where 17 people died on Feb. 14, 2018.

ALL GETTY IMAGES

Editor's note

Thank you for the calls and e-mails about the missing sudoku puzzle. We apologize for the mistake and are pleased to tell you it's back in today's paper.

US chief justice rejects bid to block 'bump stocks' gun ban

2 U.S. Chief Justice John Roberts on Tuesday rejected a bid by gun rights activists to put on hold a ban by President Donald Trump's administration on "bump stock" gun attachments that enable semi-automatic weapons to be fired rapidly. Justice Sonia Sotomayor has not yet acted on another similar request. The ban goes into effect on Tuesday but lower courts have yet to rule on an appeals brought by gun rights activists in Michigan and the U.S. capital. Trump pledged to ban the devices soon after a gunman used them to shoot and kill 58 people at a country music festival in Las Vegas in October 2017. The Justice Department on Dec. 18 announced plans to implement the policy. A Washington-based federal district court judge in February upheld the ban, prompting gun rights advocates to appeal to the U.S. Court of Appeals for the D.C. Circuit.

Google Glass helps kids with autism read facial cues

3 Children with autism may have an easier time reading facial expressions and navigating social interactions when they use Google Glass paired with a smartphone app, a small experiment suggests. The system, dubbed "Superpower Glass," helps them decipher what's happening with people around them, researchers found. The experiment included 71 children, ages 6 to 12, who were receiving a standard treatment for autism known as applied behavioral analysis therapy. This type of therapy typically involves using structured exercises like flash cards depicting faces to help kids learn to recognize different emotions. Forty kids were randomly assigned to use the "Superpower Glass" system – glasses with a camera and speaker that sent information on what children saw and heard to a smartphone app designed to help them decode and respond to social interactions.

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Chicago mayor blasts prosecutors for dropping Jussie Smollett hoax charge

In a stunning reversal by Cook County prosecutors, all criminal charges have been dismissed.

Chicago prosecutors on Tuesday dropped charges accusing "Empire" actor Jussie Smollett of staging a phony hate crime, a stunning move that drew the fury of the city's police superintendent and mayor, who called the decision a "whitewash of justice."

Smollett, who is black and gay, told reporters on Tuesday that he had always been truthful when he said two masked men threw a noose around his neck and poured chemicals on him while yelling racist and homophobic slurs and expressing support for U.S. President Donald Trump in January.

But Mayor Rahm Emanuel lambasted the surprise reversal by Cook County prosecutors, emphasizing that a grand jury concluded the attack was a hoax and hammering Smollett as indecent for claiming to be a victim.

"This is a whitewash of justice," Emanuel told a news conference. "From top to bottom, this is not on the level."

The mayor's comments capped a dizzying three hours that began at a brief court hearing on Tuesday, when prosecutors abruptly announced they were abandoning the case. In a statement after the hearing, the office of the Cook County State's Attorney cited Smollett's prior community service and his willingness to forfeit his $10,000 bond, calling it a "just disposition."

Smollett, his lawyers and his family hailed the move as vindication of his account, which had touched off a furor in the United States, where Trump's 2016 presidential victory has fueled increasingly heated political divisions.

Jussie Smollett. REUTERS

"Do I think justice was served? No. I think this city is still owed an apology."

Eddie Johnson,
Chicago Police superintendent

The backlash from Emanuel and Chicago Police Superintendent Eddie Johnson — who said he was unaware of prosecutors' plans beforehand — made clear the Jan. 29 incident remains clouded by unanswered questions.

"Do I think justice was served? No," Johnson told reporters. "I think this city is still owed an apology."

Prosecutors did not respond to requests for a response to those comments.

The Cook County State's Attorney's office said it viewed the outcome as appropriate, though prosecutors also said they stood by the initial decision to charge Smollett with filing a false report.

First Assistant State's Attorney Joseph Magats told the Chicago Sun-Times that the decision to drop the case did not mean Smollett is innocent of the charges, or that he was a victim. He said prosecutors used the same criteria in determining Smollett's fate that they do for any defendant.

"The fact there was an alternative disposition in this case is not and should not be viewed as some kind of admission there was something wrong with the case," he told the newspaper.

Initial reports of the attack bolstered critics of the president who say his rhetoric has encouraged racial violence, and Smollett earned widespread sympathy from celebrities and some Democratic presidential candidates.

But police arrested Smollett on Feb. 21, accusing the actor of paying two brothers $3,500 to stage the attack in an effort to use the notoriety to advance his career.

Mayor Emanuel said Smollett's actions had dragged Chicago's reputation through the mud and also would make it harder for victims of hate crimes to have their stories believed.

"How dare him?" a visibly angry Emanuel said. "Is there no decency in this man?" REUTERS

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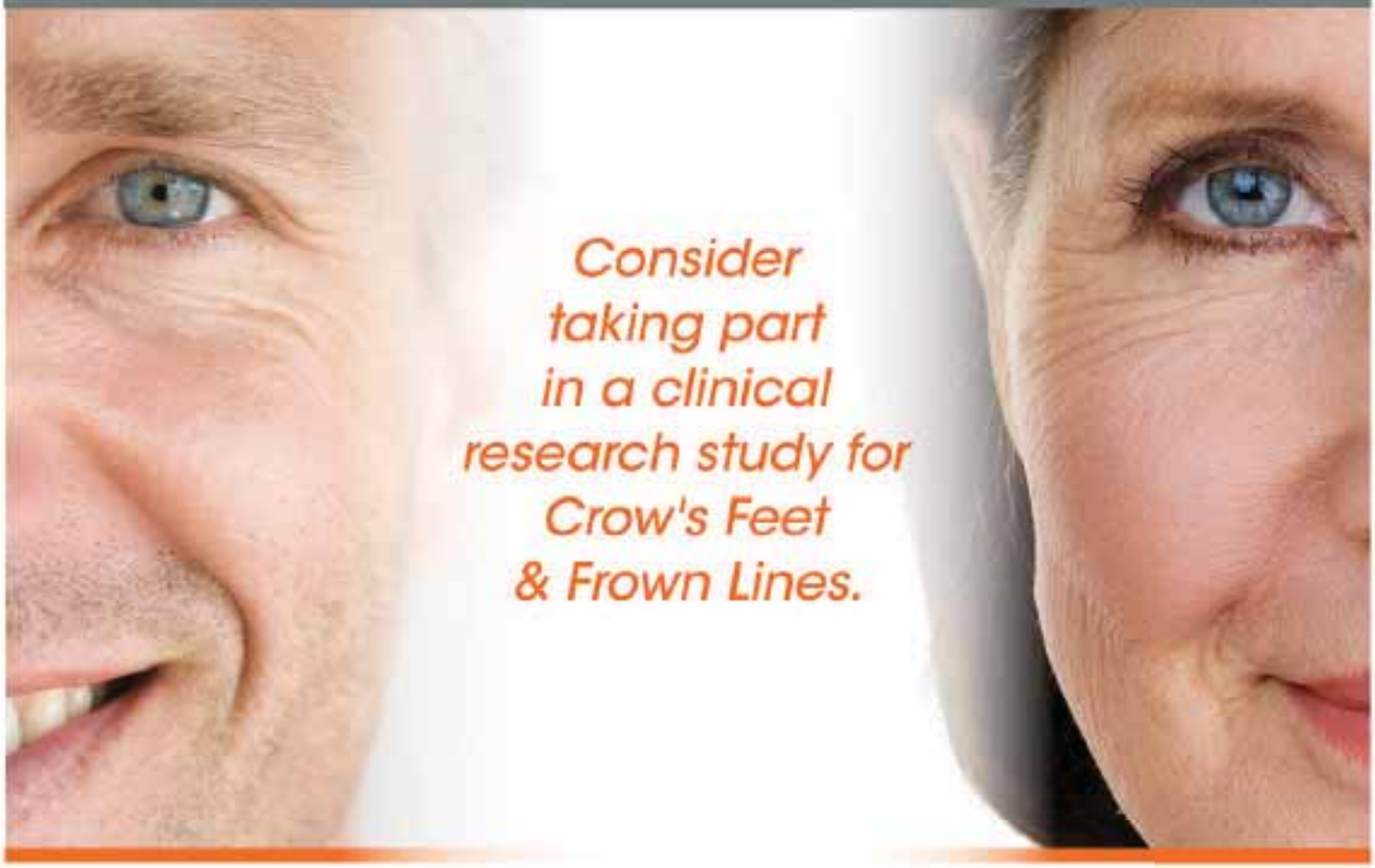

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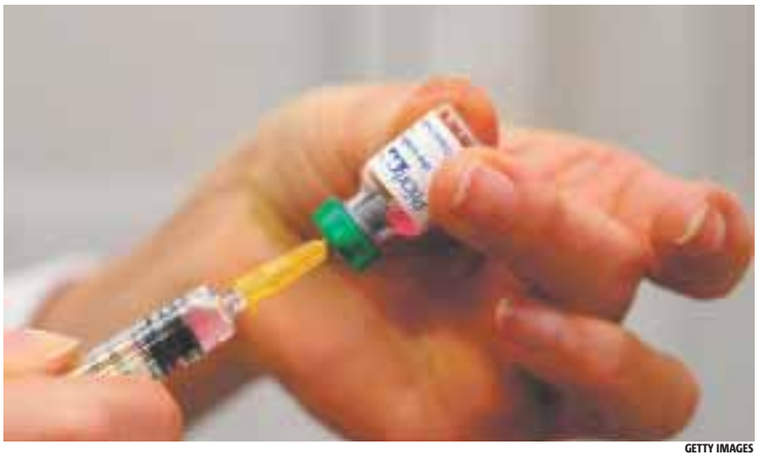
C6

October 2018, Version 1.0

Unvaccinated children face public-space ban in NY measles outbreak

Due to the state's worst outbreak in decades, Rockland County has declared a state of emergency.



GETTY IMAGES

A New York suburb has banned children not vaccinated against measles from public spaces, such as schools and shopping malls, as it fights the state's worst outbreak in decades of the potentially deadly disease.

Rockland County declared a state of emergency on Tuesday and said the ban would remain in place for 30 days or until unvaccinated children get the measles, mumps and rubella (MMR) shot.

The Rockland announcement follows measles outbreaks in California, Illinois, Texas and Washington and is part of a global resurgence of the viral infection, according to the U.S. Centers for Disease Control and Prevention.

"We will not sit idly by while children in our community are at risk."

Ed Day, county executive

"We will not sit idly by while children in our community are at risk," County Executive Ed Day said in a statement. "This is a public health crisis, and it is time to sound the alarm."

There have been 153 confirmed cases of measles in Rockland County, about 11 miles (18 km) north of Manhattan, mostly among children who have not been vaccinated.

The ban began at midnight on Wednesday morning, after which unvaccinated children will not be permitted in locations such as places of worship, schools and shopping malls. Outdoor spaces like playgrounds are excluded from the ban. People medically unable to get vaccinated are exempt.

The outbreak began when a traveler visited Israel and returned to a predominantly ultra-Orthodox Jewish neighborhood of Rockland County. There have also been at least 181 confirmed cases of measles in the New York boroughs of Brooklyn and Queens since October, mostly among Orthodox Jews, according to the city's health department.

The New York and Washington outbreaks began after U.S. travelers picked up measles in foreign countries, where the disease was running rampant, and brought it back to places where vaccination rates were too low by U.S. public health standards.

The disease has spread mostly among school-age children whose parents declined to get them vaccinated, citing reasons such as philosophical or religious beliefs, or concerns the MMR vaccine could cause autism, authorities said.

Large scientific studies have demonstrated that there is no link between vaccines and autism.

Officials say the measles outbreaks offer a lesson about the importance of maintaining a minimum 95 percent "herd" level of immunization against dangerous, preventable diseases such as measles. Rates as low as 60 percent were found in parts of New York where measles spread, State Health Commissioner Howard Zucker said in February. REUTERS

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Doctors Urge Knee Pain Sufferers

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

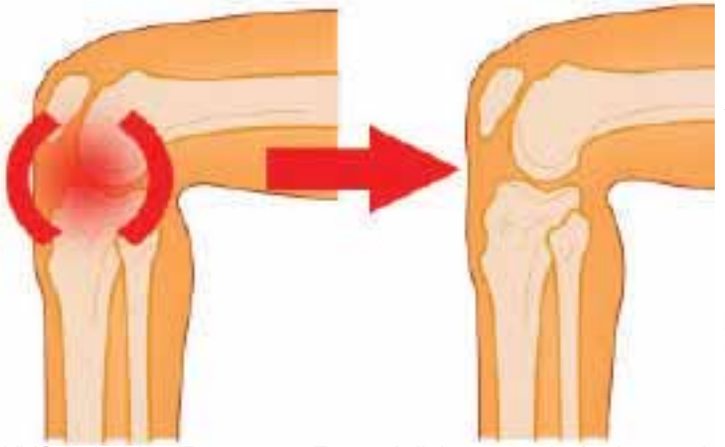
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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Powerball climbs to $750M

You have until 10 p.m. Wednesday to enter.

MICHAEL MARTIN
letters@metro.us

METRO

This year's biggest Powerball jackpot is almost one for the all-time record books.

The prize for Wednesday's multistate drawing has risen to $750 million. No one picked enough correct numbers to claim $625 million last Saturday. The odds of winning are a totally doable 1 in 292 million.

If someone hits the jackpot, it'll be the fourth-largest U.S. lottery prize in history. The biggest of all time is a $1.59 billion Powerball drawing in January 2016, and the runner-up is a $1.54 billion Mega Millions jackpot claimed last October. If the $750 million goes unclaimed, the next Powerball drawing will move into the No. 3 all-time slot, currently held by a $758.7 million winner from Massachusetts in August 2017.

If you're feeling lucky, you have until 10 p.m. Wednesday to enter the drawing at a local lottery retailer. Tickets cost $2, and you can spend an additional $1 per line for Power Play, a chance to multiply nonjackpot winnings.

To earn the top prize, a player has to match all six winning Powerball numbers. Last Saturday, some winners matched enough to score a surely disappointing $2 million and $1 million, the Washington Post reported.

Powerball points out that 1 in every 25 tickets wins something — at least a few dollars.

The last time New York City saw a big local winner was last December, when David Johnson of Brooklyn bought a winning Powerball ticket worth $298.3 million.

Winners choose between receiving their winnings in an annuity, with payments over 30 years, or one lump-sum payment of a smaller amount. Just FYI: Financial pros say it's wiser to choose the latter option.

GETTY IMAGES

Pats owner Kraft wants jury trial in prostitution case

Attorneys for New England Patriots owner Robert Kraft on Tuesday filed court papers requesting a jury trial on solicitation of prostitution charges stemming from a sting operation at a Florida massage parlor.

The documents also formally waive Kraft's right to an arraignment hearing and reiterate the not guilty plea he entered last month.

Kraft, 77, was charged in February with soliciting prostitution after police said he was captured on hidden camera footage engaging in sex acts with a worker at Orchids of Asia Day Spa in Jupiter, Fla.

The billionaire businessman apologized for his actions in a written statement issued earlier this week.

"The last thing I would ever want to do is disrespect another human being," Kraft said in the statement. REUTERS

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Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTI's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

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Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

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Mets, deGrom reach agreement two days before Opening Day

Star pitcher signs 5-year, $137.5M contract extension.

JOE PANTORNO
joseph.pantorno@metro.us

They brought it down to the wire, but the New York Mets and pitching ace Jacob deGrom have reportedly agreed on a five-year, $137.5 million extension, per The Athletic's Ken Rosenthal.

The deal will keep the reigning Cy Young Award winner in Queens through the 2023 season with an opt-out clause following 2022 and a club option for 2024. There is also a full no-trade clause included.

It's the end of a drawn-out, arduous affair that began last season when current Mets general manager Brodie Van Wagenen was still deGrom's agent.

With two years of team control — albeit via arbitration — at this time last spring, Van Wagenen demanded that the Mets sign his client to a contract extension as quickly as possible or trade him.

The speculation and rumors that came crashing down upon deGrom did little to faze him as the 30-year-old put up one of the greatest pitching seasons in Major League Baseball history despite getting zero support from his team.

Despite a 10-9 record, deGrom posted a 1.70 ERA with 269 strikeouts and just 46 walks, earning him the Cy Young Award despite having the lowest number of wins ever for a recipient.

He proceeded to make it known during the off-season that he wanted to sign an extension that would keep him a Met for the rest of his prime years. Upon the hiring of Van Wagenen as New York's GM, the idea of deGrom getting a re-worked deal was considered a foregone conclusion.

Yet deGrom and the Mets went through arbitration once again, settling on a $17.5 million deal for 2019 to avoid a hearing. It was a bargain considering there were more than 20 pitchers in baseball set to make more money than deGrom in 2019.

Despite little progress being made throughout the majority of the winter months, deGrom remained optimistic that a deal would get done, but gave the Mets an Opening Day deadline (Thursday) as the last possible day to negotiate an extension in order to solely focus on baseball during the regular season.

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US attorney general plans to issue Robert Mueller report details within weeks

REUTERS

U.S. Attorney General William Barr plans to issue in a matter of weeks a public version of the special counsel's report that found President Donald Trump's 2016 campaign team did not conspire with Russia, as Trump prepared to use the findings against his political opponents.

Democrats attempted to change the subject to health care after the report from Robert Mueller appeared to shatter their case that Trump was an illegitimately elected president.

A new Reuters/Ipsos poll found that 48 percent of Americans still believed Trump worked with Russia to interfere in the 2016 presidential election, down six points since conclusions from the Mueller report came out on Sunday.

The poll found Trump's job approval rating had ticked up four points to 43 percent following release of the findings. There was a thirst for more information, as 57 percent of Americans said they wanted to see the entire report.

Barr released his own summary of the report's central findings on Sunday but said he needed more time to review the report to determine how much of it could be made public.

A Justice Department official said on Tuesday that Barr's plan was to release a public version in "weeks, not months." Congressional Democrats have demanded Barr turn over the report to them by April 2, which would only leave a week for the Justice Department to complete its review.

The Justice official said there was no plan to share an advance copy of the report with the White House.

Some portions of Mueller's confidential report contain materials that arose during secret grand jury proceedings. Federal rules generally prohibit the government from releasing that information to the public.

The report also contains information about ongoing criminal investigations that Mueller referred to other U.S. attorneys' offices.

Trump and his top aides attacked unidentified political opponents for starting the campaign investigation, calling the actions treasonous and worth probing.

"I think what happened was a disgrace," Trump told reporters on a visit to the U.S. Capitol, where he had lunch with Republican senators.

Republicans also were out for retribution, with Senate Majority Leader Mitch McConnell saying he supported a push for an inquiry into potential missteps by law enforcement officials in their probe of Trump. REUTERS

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UFC champion Conor McGregor investigated for sexual assault in Ireland

The controversial MMA fighter announced his retirement on Tuesday.

MICHAEL MARTIN
letters@metro.us

Mixed martial arts superstar Conor McGregor is being investigated by Irish police over a claim of sexual assault, the New York Times reported on Tuesday.

Early Tuesday morning, McGregor announced on Twitter that he was retiring from the Ultimate Fighting Championship, which has made him one of the world's highest-paid athletes. Forbes estimates he earned $99 million last year.

"I wish all my old colleagues well going forward in competition," he tweeted. "I now join my former partners on this venture, already in retirement. Proper Pina Coladas on me fellas!"

McGregor hasn't been charged with a crime. In January, he was arrested, questioned about the claim and released, the Times said. An investigation is continuing. (In Ireland and much of Europe, a formal criminal charge does not necessarily follow an arrest.)

The woman making the assault allegation said it happened at the Beacon Hotel, which sits on the outskirts of Dublin. McGregor has been a repeated guest at the hotel, usually booking its penthouse room, the Times reported. He last visited in December.

Ireland's police service would not confirm that McGregor was a suspect, the Times said.

On Tuesday afternoon, McGregor's spokesperson, Karen Kessler, issued a statement denying that McGregor's retirement was related to the Times report. "This story has been circulating for some time and it is unclear why it is being reported now," she said. "The assumption that the Conor retirement announcement today is related to this rumor is absolutely false. Should Conor fight in the future it must be in an environment where fighters are respected for their value, their skill, their hard work and their dedication to the sport."

Irish news media have been reporting on the case since late last year, without naming McGregor. Ireland's laws don't allow rape suspects to be publicly named unless they have been convicted.

Volatile and colorful, McGregor is one of the faces most closely associated with mixed martial arts, even though he has fought only once since 2016. He lost that October 2018 match to Khabib Nurmagomedov.

In recent years, McGregor has repeatedly attracted headlines for violent incidents outside the ring. Last July, McGregor pleaded guilty to a disorderly conduct charge after he threw a hand truck at a bus window outside Barclays Center after a UFC promo event; two fighters suffered facial injuries from broken glass. In January, the Nevada Athletic Commission suspended him from fighting for six months and fined him $50,000 after a fight broke out following his match with Nurmagomedov. He has an April 10 court date in Miami on charges of strong-armed robbery and criminal mischief; he allegedly smashed a man's cellphone at a nightclub earlier this month.

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EASY

		6		7	2			
4	5							3
3					5	8	2	
9	3		1				4	
		1		2		3		
	4				7		6	1
	1	8	2					5
7							3	2
			7	4		6		

MEDIUM

		6		7	2			
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HARD

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	9		7		4			3
3					2			

Pat King
Grumble Editor

READER WRITE-INS:

CRAZY KIDS

Parents, may I have your attention: I love kids. I have kids. I was a kid. And when I was a kid (long ago), there were polite little signs in the subway cars that read: "Little enough to ride for free, little enough to ride your knee." Get it? Good.

— **"Sheepshead Boy,"** *Metro New York reader*

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metro.us/horoscopes

Aries Rise above adversity and strive to be your best. Make changes for the right reason, not because of what someone else does or says. Do things your way.

Taurus Take action and get things done. Whether at work, school or home, set a goal and don't stop until you meet your mark.

Gemini Emotional matters will escalate if you let someone interfere in your personal affairs. Don't discuss your love life, domestic matters or finances to avoid conflict, discord and meddling.

Cancer Dig in and get things done. Use your imagination and put your heart and soul into accomplishing your goals. Make love, romance and improve your life priorities.

Leo Live and learn. Be observant and question anything you don't understand. Don't feel you must make a change just because someone else does. Watching from the sidelines will pay off.

Virgo Look at what you can do, not at what you cannot. Don't let someone confuse you or cost you the chance to be a part of something great. Do what feels right.

Libra Emotions will run high. Channel your energy into positive pursuits and living up to the promises you made to yourself. Don't let anyone take advantage of you or your generosity.

Scorpio Implement the changes you've been contemplating for so long. It's time to shake things up and live the life you desire. Love and romance should highlight your day.

Sagittarius Don't overreact or let anyone entice you to do something that isn't in your best interest. Make domestic and lifestyle improvements. Put your health first.

Capricorn A little charm, intelligence and desire will get you where you want to go. Personal changes should reflect your lifelong dreams. Romance is in the stars.

Aquarius You've got choices to make and you shouldn't let anyone interfere with your goals. Move forward and put your plans in motion secretively to avoid discord.

Pisces Listen to suggestions, but don't stretch your budget or set impossible goals. If you stick to tried-and-true methods that have worked in the past, success will be yours. EUGENIA LAST

The Cactus Blossoms on finding perfect harmony the 'Easy Way'

ALL PHOTOS NATE RYAN

We sat down with the rising Americana duo ahead of their upcoming tour.

PAT KING
patrick.king@metro.us

Minneapolis' The Cactus Blossoms have a sound that has a similar quality to what their name evokes. Their brand of gothic country and crystal-clear harmonies between half-brothers Page Burkum and Jack Torrey can silence a crowded room after the tears are done falling, creating music that is timeless and untouched by passing trends in pop music. The band became a live sensation after touring relentlessly behind their 2016 debut "You're Dreaming," landing an opening slot with Kacey Musgraves and even being cast by David Lynch in the hallucinatory return of "Twin Peaks."

This year, the band is poised to have their big breakthrough as they have just released their long-awaited follow-up sophomore album "Easy Way" which sees them co-writing two songs with the Black Keys' Dan Auerbach. We had the chance to speak with Jack and Page ahead of their national headlining tour.

The new album "Easy Way" is great and really expands upon your sound with some louder guitars and bigger instrumentation. What was writing and recording like this time around?
Jack: This time around, we had a few ideas kicking around but we started recording before we even had all the songs together because we just knew we were going to have to start working on it at some point, even if we were still playing a few shows. So it was really different going into the studio and experimenting with songs as they were being written. So that was a big difference and you know, playing larger guitars with really small amps.

Page: You know, I guess we've been touring for — what was it, Jack? I guess we released "You're Dreaming" in 2016, is that right? And so, that was recorded probably in 2015. Anyways, it's been kind of a long time. We've done a lot of touring since then, so I think our sound is just evolving over time. I think people who've seen us live in the last couple of years aren't too surprised by anything on the record, but yeah, we've been adding a bit more electric guitar, and just following whatever ideas we have for songs, and however we feel, I guess.

The style of country you play is of such a certain time and place, harkening back to some of the earliest country and rock duos like the Everly Brothers and the Louvin Brothers. It also seems like your sound could fit in with a lot of contemporary rock as well. Did you guys start playing that kind of music early on or was it something you came to later on?
Jack: We definitely weren't playing country songs when we were kids. But me and Page used to play in the basement, just bass and drums and goof around. When we started playing songs and learning songs at different points, I started getting into a lot of folk music. Page started getting into stuff like Jimmy Rogers. So that's kind of when we started getting into songs and exploring all that old stuff.

Page: I would say before we were exposed to folk music and old country music we were big fans of Electric Light Orchestra and The Beatles and this French band called Air and Radiohead. Yeah, all sorts of things, and we didn't have a band at that point but we were into all sorts of stuff. I think sometimes it takes a while to pull in some of your different influences over time to figure out the better recipe together, so I think that's what's happening.

Yeah, it's hard to incorporate those musical left turns and have it not seem forced.
Page: Yeah. I just mean if you learn a Woody Guthrie song and you love it, let's say you also like AC/DC. So it may take a while to learn how to put that together in a way — to find the things they love about those different styles and put them together. Sometimes I think we look more traditional than we really are. I'm not saying that

I don't understand that. I mean, we played really classic country kind of stuff, so I can see how people would think we're really going for that. But I think that came out of what we were into at the time through our own limitations. We're not purists, I guess.

Is it easy for you guys to get on the same page during the writing process or do you come to the table with your own defined ideas?
Jack: That was definitely the difference between making this record. Not only do we get to write with Dan Auerbach for a couple of songs, but we were writing with each other a lot more this time around, so that definitely took the stress off.

Page: I think in our case — I mean, probably in most people's case, when they're collaborating, it usually starts with one person's idea and then one or two other people might finish that idea to develop it in some way. But we've never sat down at a table and we're like "let's start with nothing" and write a song. It's always somebody's half-formed idea.

What was it like working with Dan Auerbach?
Jack: We were just, like, hanging around his studio, drinking coffee and working on song ideas together. It's totally without really an agenda, and you know, like I said, we hadn't been writing with each other much and we hadn't done anything like that, so it was pretty interesting seeing how people who are used to doing that, do it, and the kind of freedom you have to share ideas — good ideas, bad ideas — and just write a verse together. It was refreshing.

Is it cool to see your band in this new breed of outsider country music that is becoming popular? Your old tourmate Kacey Musgraves just won a ton of Grammys!
Page: Yeah! It's been fun seeing her take off.

Jack: We got to see her play in Saint Paul and she won all those Grammys. That's pretty wild, man. To see, you know, someone like her who is not getting played on top country radio, but is still blowing things up. It's an honor to play with someone like her.

You guys were featured in the last season of "Twin Peaks" playing the song "Mississippi." What was it like working with David Lynch?
Page: Oh, Dave? He's great! This is off the record, right [laughs]?

Jack: We can't tell you! We didn't work with David for very long — we were on set for a few hours max — but we really had a great time. Doing a scene was really fun because we were left in mystery, too. We didn't know if the song was going to get used, or how it would fit in, or if it was going to be in some scary scene — and it was. We actually got to watch it and they used most of the song. It was pretty wild.

Make sure to get tickets to see The Cactus Blossoms at Bowery Ballroom on Thursday, April 11.

5 GADGETS TO PROTECT YOU FROM POLLUTION

DANIEL CASILLAS | METRO WORLD NEWS
PHOTOS: ISTOCK CONTRIBUTED

Air pollution has become one of the biggest problems of major cities in the world. There are already gadgets to help us face it. Metro highlights some of them.

AIRPRO MINI

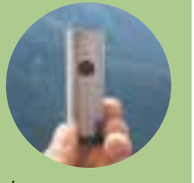
If you want or need to leave your home and high levels of contamination were reported outside, Airpro Mini can help to protect you. This device is an electronic wearable mask that also has a bracelet featuring a filter that cleans the air. It is very popular in Beijing, where pollution is very high and dangerous.

POCKETLAB AIR

This hand-held device makes it possible for anyone to evaluate the state of the air. The Pocket-Lab Air works like a miniature laboratory, allowing you to measure, among other things, carbon dioxide, ozone and particulate-matter pollution.

ATMOTUBE

This small wearable device constantly monitors air quality and immediately alerts you when it is not safe to breathe. Atmotube Plus measures real-time air pollution caused by harmful gases and a wide range of volatile organic compounds like acetone, methanol, benzene, ethanol, toluene, xylene and formaldehyde. It also measures atmospheric pressure, temperature and humidity.



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If, in addition to detecting contamination in your home, you are looking to eliminate it – Mi Air Purifier could be a great option. This gadget draws air from all its sides, treats and releases it clean. In addition, the device is able to connect to the internet and smartphones, giving users the latest readings of temperature, humidity and estimated pollution level.

LASER EGG 2+

If you want to protect your home from pollution, this gadget is for you. The Laser Egg 2+ uses laser-based light scattering to individually count particles in the air as they enter the device. It also can display your home's air quality and control appliances as a smart air purifier.

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Joan Lunden, former host of *Good Morning America* and senior living advocate.

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FINANCE

How to stem 'subscription creep'

NerdWallet is a personal finance website.

From Netflix, Spotify and Amazon Prime to Blue Apron, Birchbox, and beer of the month, your debit or credit card statements are likely littered with subscriptions that are costing you dearly.

Not that all subscriptions are bad.

You might be happy to pay a monthly fee to work out at the gym or type in Microsoft Office 365. But maybe the benefits of subscribing to credit monitoring or razors by mail were, uh, more fleeting.

Recurring charges can be insidious, some eating away at your wealth when you don't value the subscription anymore. Three $30-per-month subscriptions don't sound like much until you realize they total nearly $1,100 per year.

Inertia leads to a dozen free trials morphing into mainstays on your Mastercard. (Maybe not much longer, though. Mastercard has said it will require merchants to get your approval to proceed with charges after a free trial ends, although it applies only to physical-product subscriptions, like home-delivered sampler boxes.)

"The situation with subscriptions could end up being death by a thousand cuts when it comes to your budget," says Bruce McClary, spokesman for the National Foundation for Credit Counseling.

Adding to the problem are so-called gray charges, deceptive and unwanted credit and debit card charges that stem from misleading sales and billing practices. They total more than $14 billion a year among U.S. cardholders, or $215 each, per a 2013 study by industry research firm Aite Group.

Here's how to spring-clean recurring charges so you can spend on things that matter to you more.

Subscription audit

Job No. 1 is to identify recurring charges. Scan recent payment statements, including credit cards, debit cards or online accounts, like PayPal. Go back 12 months to catch auto-renew annual subscriptions. Don't ignore the analog world: lawn mowing, home security monitoring, pest-control service and memberships in social and professional organizations. Some credit card issuers, like Citi, identify recurring charges in your online account.

Multiply by 12

A frog in a stovetop pot of water will complacently boil to death if you raise the temperature slowly, the saying goes. Accumulating monthly subscriptions is similar. To feel the full impact, multiply monthly charges by 12 to get an annualized idea of what you're spending. If you see yourself keeping the subscription five years, do that math too. Then, a seemingly insignificant $30-per-month expense becomes $1,800.

"On the surface, subscription costs may seem minimal, but when you add them up it can really pinch

your monthly budget," says Paul Golden, spokesman for the National Endowment for Financial Education. "If you're putting subscriptions on your credit card, is that hindering your ability to pay off your balance each month? If so, this is a red flag."

Reassess value
Do you use and value the subscription? A gym membership is perhaps the best example of a noble subscription gone wrong — when you quit going but continue paying.

Ask yourself if a subscription saves you money or time. Has it lived up to its promise? Does a delivered subscription box bring you joy or guilt?

"It's a good idea to do a subscription evaluation on a regular basis — perhaps a couple of times a year," Golden says.

Is it redundant?
If you have cable or satellite TV, plus Netflix, YouTube TV and Amazon Prime Video, you have overlap. "There are so many redundancies across those platforms that you're more or less paying for the same service over and over again," McClary says.

The same assessment goes for streaming music services, cloud storage and phone services. Are you hanging on to a landline for no reason?

Opt to share
Can you legitimately share a subscription? "Some of these subscriptions offer a buddy pass," McClary notes. YouTube TV allows family groups to share subscriptions, and certain New York Times subscriptions come with a bonus subscription to share. Some families choose to group their wireless phones on a single plan to lower costs.

Don't forget about freebies at your local public library, which can substitute for subscriptions: digital access to books, audiobooks, movies, music and magazines.

Downgrade
Downgrading or subscribing seasonally can work, too. Can you downgrade from the premium to free version of software or website access? Are you getting value from your credit card's annual fee? You can probably downgrade to a fee-free card with the same issuer and keep your long credit history.

Cancel
Liberally pause or cancel services. You can always restart and resubscribe later. You might even receive a discount offer to return.

This article was written by NerdWallet and was originally published by The Associated Press.

GREGORY KARP

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2019 MLB predictions: Yankees fall short to Astros once again

Metro releases its predictions for the 2019 MLB season.

JOE PANTORNO
joseph.pantorno@metro.us

In the irreproachability that was my childhood, I wasn't necessarily the social butterfly that many accuse me of being these days. I never "fit in" with the "it" crowd, never had an overabundance of friends until I learned the social norms.

My best friend was baseball.

Through it, I learned the facts of life (both beautiful and harsh), whether it was the ecstasy of victory, the harsh disappointments of a loss or the beautiful camaraderie that came with forming a bond with one's teammates, later to become friends.

There were summer days in which I would start playing ball the moment I got out of bed, stopping home to give my mother a hug, and heading out to the fields until it was too dark to see my glove in front of my face.

During those days, my head seemed vacant of any realistic thoughts except for baseball and the heroes that played the game. I could name all the league leaders, the World Series winners, and I had my unyielding opinions on who the greatest men to ever play the game were.

For some reason, those days seem like a lifetime ago regardless of me being grouped in with the millennials. But those feelings of pure unadulterated adoration come rushing back annually on Opening Day, which is just a day away.

There is the promise of a new season. There is the recognition that we have trudged through another winter and made it back for another year of baseball; all of us together. There is another summer where our childhood is returned and refueled.

As we here at Metro provide you with our 2019 predictions for another glorious season of Major League Baseball, I wish you the warmest and most memorable of summers.

2019 NL EAST PREDICTIONS

PHILADELPHIA PHILLIES: 93-69
WASHINGTON NATIONALS: 90-72
ATLANTA BRAVES: 89-73
NEW YORK METS: 87-75
MIAMI MARLINS: 64-98

2019 NL CENTRAL PREDICTIONS

CHICAGO CUBS: 92-70
MILWAUKEE BREWERS: 91-73
ST. LOUIS CARDINALS: 88-74
CINCINNATI REDS: 80-82
PITTSBURGH PIRATES: 78-84

2019 NL WEST PREDICTIONS

LOS ANGELES DODGERS: 95-67
COLORADO ROCKIES: 85-77
SAN DIEGO PADRES: 81-81
ARIZONA DIAMONDBACKS: 76-86
SAN FRANCISCO GIANTS: 73-89

NL WILD CARD
BREWERS def. NATIONALS

NLDS: DODGERS def. BREWERS, PHILLIES def. CUBS
NLCS: DODGERS def. PHILLIES

2019 AL EAST PREDICTIONS

NEW YORK YANKEES: 99-63
BOSTON RED SOX: 97-65
TAMPA BAY RAYS: 85-77
TORONTO BLUE JAYS: 74-88
BALTIMORE ORIOLES: 60-102

2019 AL CENTRAL PREDICTIONS

CLEVELAND INDIANS: 91-71
MINNESOTA TWINS: 85-77
CHICAGO WHITE SOX: 75-87
KANSAS CITY ROYALS: 70-92
DETROIT TIGERS: 69-93

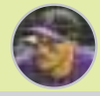
2019 AL WEST PREDICTIONS

HOUSTON ASTROS: 99-63
OAKLAND ATHLETICS: 86-76
LOS ANGELES ANGELS: 83-79
SEATTLE MARINERS: 71-91
TEXAS RANGERS: 70-92

AL WILD CARD
RED SOX def. ATHLETICS

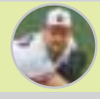
ALDS: ASTROS def. SOX, YANKS def. INDIANS
NLCS: ASTROS def. YANKEES

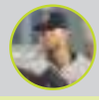
NL MVP
NOLAN ARENADO *(ROCKIES)*



AL MVP
MIKE TROUT *(ANGELS)*

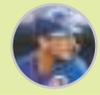
NL CY YOUNG AWARD
MAX SCHERZER *(NATIONALS)*





AL CY YOUNG AWARD
COREY KLUBER *(INDIANS)*

NL ROOKIE OF THE YEAR
PETE ALONSO *(METS)*



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GAMES

For more games: SUDOKU & WORD SEARCH → page 23

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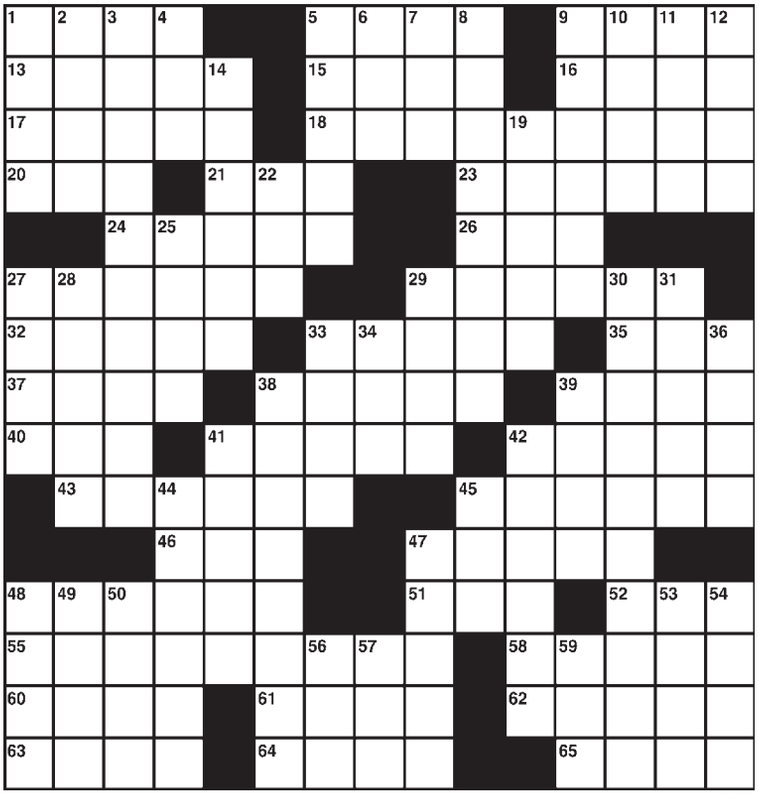
ACROSS

1 Came down to earth
5 As comfortable __ old shoe
9 Additionally
13 Turner & others
15 São __; large island in the Gulf of Guinea
16 Pompous
17 Agassi or Previn
18 Not loud enough to be heard
20 Enjoy a winter sport
21 Actor Kilmer
23 Cooks prime rib
24 Fragrance
26 Not at home
27 Popular Honda model
29 Items listed in a will
32 Cut up a turkey
33 Misrepresent
35 Walk-__; many NYC apartments
37 Ash or alder
38 Gathers crops
39 Threesome
40 "We're off to __ the Wizard..."
41 Phobias
42 Written slander
43 Not as fresh
45 Tenor Enrico
46 Olive Oyl's hairdo
47 Absorbent cloth
48 Shocked
51 Trigger's rider
52 Common street name
55 Fraternal
58 "Sesame Street" fellow
60 Alleviate
61 Wishes one hadn't done
62 Hudson's namesakes
63 Prepared Easter eggs
64 In a __; pouting
65 Buzzers

DOWN

1 "Woe is me!"
2 Long and thin
3 Not prudent in speech
4 Street paver's need
5 Slanted
6 Barron, to Donald
7 "I __ Rock"; 1960s song
8 Mild emotional disorder
9 Fly
10 Good-natured dogs, for short
11 Gritty residue
12 Change for a five
14 Harsh
19 Throw water on
22 Most common conjunction
25 Sheltered bay
27 Plays a role
28 Is concerned
29 Mont Blanc's location
30 Agitation; commotion
31 Secret agents
33 Dangerous animal
34 Cochlea's place
36 Song for one
38 Goes in again
39 Grow weary
41 Straight beater
42 Brief preparer
44 Lessened
45 Pigeon's cry
47 Lovers' meeting
48 Not up yet
49 Elephant's color
50 Nylons
53 Similar to
54 Soldier's meal
56 __ away; flee
57 Garland
59 Steal from



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Please contact Abigail Collins at (212) 241-7910 or at abigail.collins@mssm.edu

PI: Adriana Feder, GCO 15-0265

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